

List 10 celebrities who have various body types  
(short, tall, large, petite, heavy, thin, muscular, etc.)

1

2

3

4

5

6

7

8

9

10



When you look at someone who is fat, what are  
your feelings? What do you think about him or her?  
What assumptions do you make?



What characteristics do you associate with being thin?  
With being muscular and fit?



Name 3 people you admire.

1

2

3

List 3 characteristics that make each one a "beautiful person."

1

2

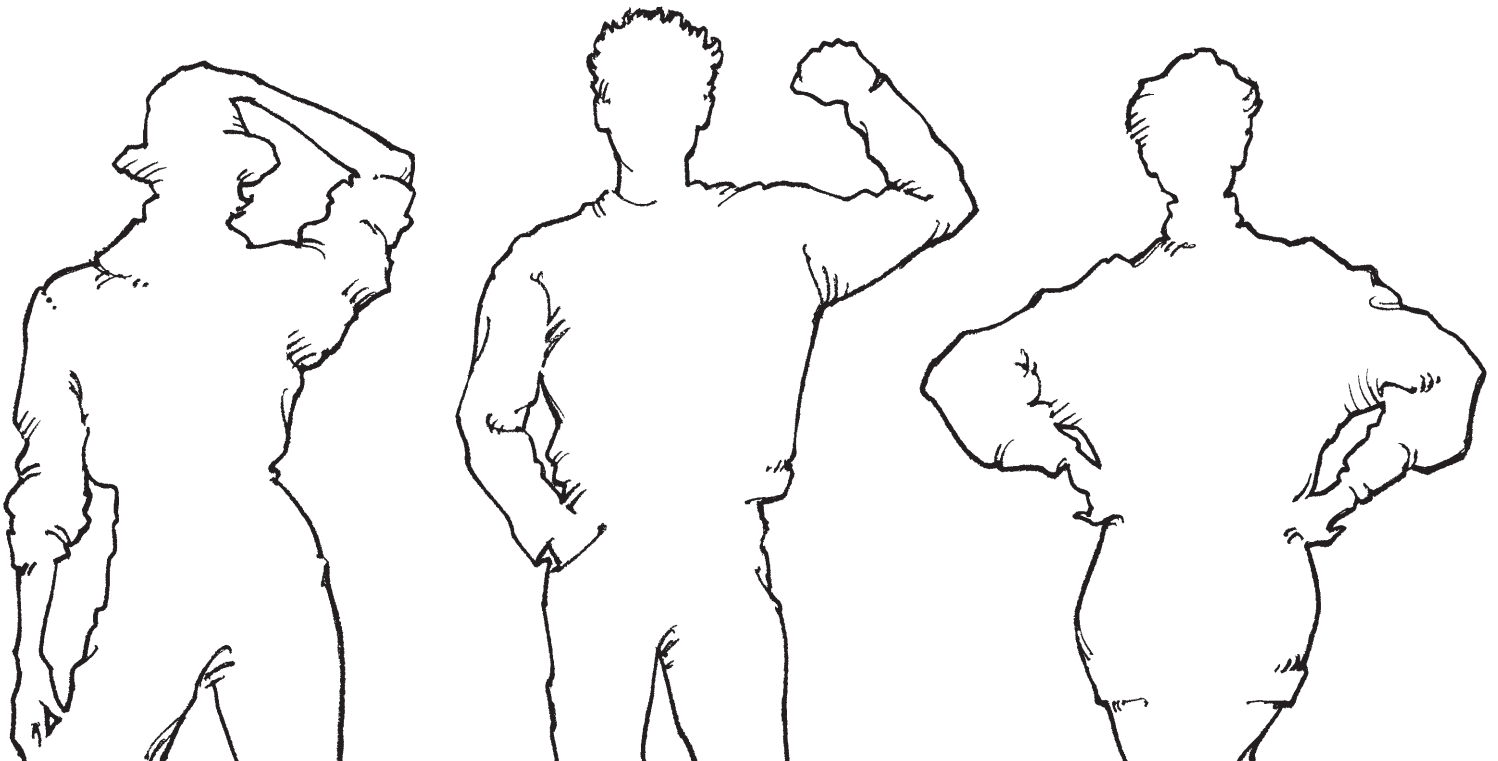
3

List 3 or more of **your** best characteristics.

1

2

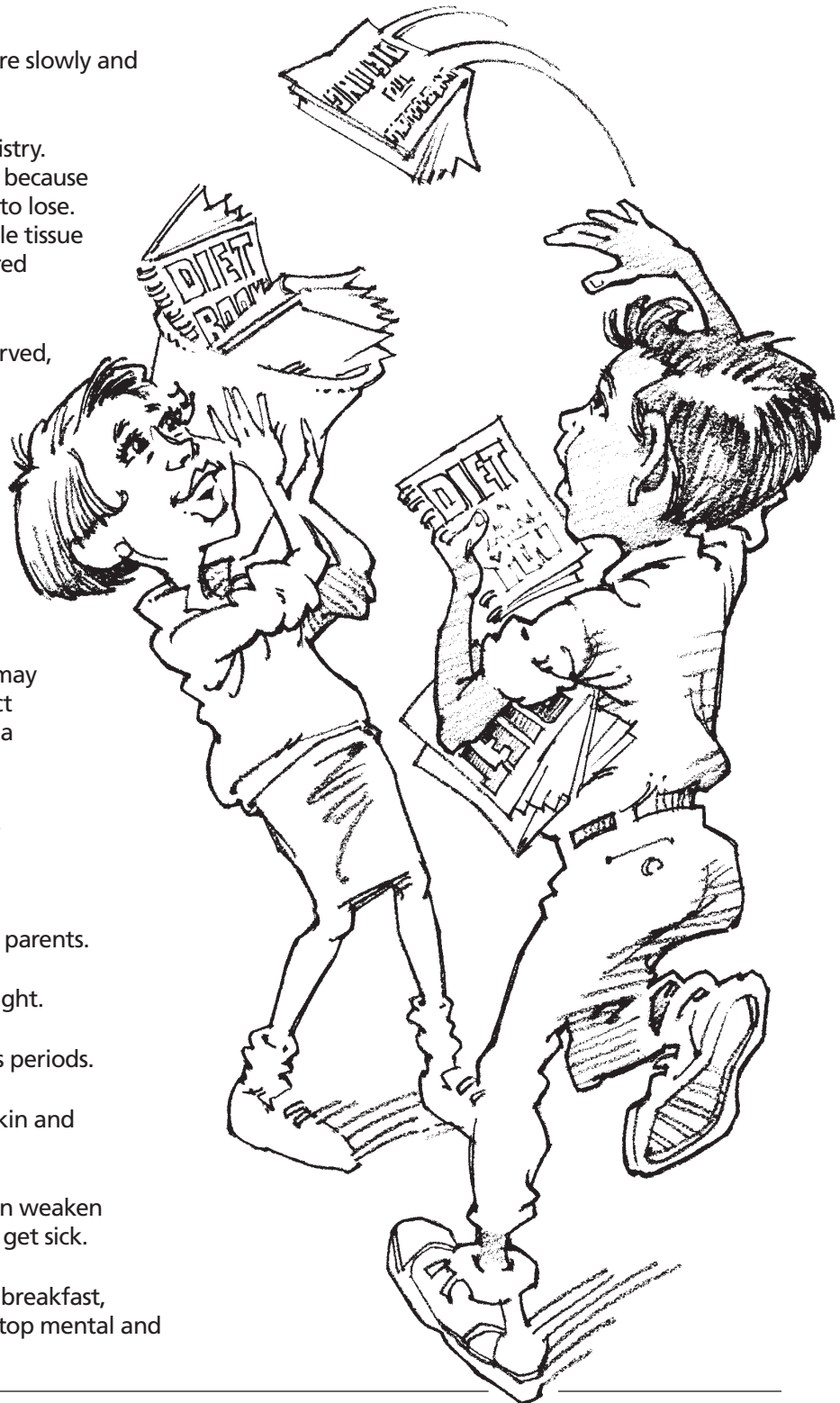
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Unless a doctor says that you are dangerously overweight or have a medical problem that requires a special diet, you should **not** diet.

Here's why:

- If you don't get enough calories, you grow more slowly and reduce muscle and bone size.
- Going on and off diets upsets your body chemistry. Repeated dieting can actually make you fatter because the weight you regain gets harder and harder to lose. Some of the weight you lose is from lean muscle tissue but if you regain weight, most of it will be stored as fat, not as lean tissue.
- When you diet, your body thinks it is being starved, burns calories more slowly and stores up fat. This physical reaction to calorie restriction has evolutionary benefits. In ancient times, when the food supply wasn't constant, it was the people whose bodies had large fat stores who survived.
- Dieting can cause feelings of deprivation and depression that often lead to overeating.
- Diets that eliminate red meat and vegetables may leave you tired, irritable and even anemic. Strict vegetarians are prone to iron-deficiency anemia unless they make very careful choices.
- Failure to lose weight, or regaining the weight you just lost, can make you feel even worse about yourself than before.
- Diets can cause tension between you and your parents.
- Overeating may not be the cause of excess weight.
- Very low-calorie diets can interfere with a girl's periods.
- Very low-calorie diets can give you yucky dry skin and dull-looking hair.
- Diets that don't provide adequate nutrients can weaken your immune system, so you are more likely to get sick.
- Restricting calories, even by regularly skipping breakfast, reduces your energy level and keeps you from top mental and physical performance.



### SAY "YES!" TO A HIGH-ENERGY LIFE

Do yourself a favor and find easy and fun ways to have a more active lifestyle.

Set up a reward system for yourself. Set a goal (maybe 25 activity points) and make a contract with yourself to earn a reward for accomplishing your goal. Pick rewards that are meaningful, affordable and attainable for you—a rental video, a new CD, a ticket to a ball game or school play, a picnic with friends...

#### MY GOAL IN POINTS IS

#### MY REWARD WILL BE

POINTS	ACTIVITY	MY POINTS
5	<b>30 MINUTES OF</b> aerobics, fast dancing, badminton, basketball, riding a bike, frisbee, touch football, swimming, ice skating, roller skating, soccer, downhill skiing, baseball, softball, tennis, volleyball, brisk walking, waterskiing, weight training, gymnastics, cheerleading, exercising (in a class, to a tape or with machines), digging in garden, snowboarding, rollerblading, weeding or planting <i>(Maximum of 10 points for any one activity per day)</i>	
5	<b>20 MINUTES OF</b> jumping rope, jogging, running, racquetball, shoveling snow, cross-country skiing, lap swimming, stairmaster or step training <i>(Maximum of 10 points for any one activity per day)</i>	
2	<b>30 MINUTES OF</b> bowling, sailing, washing/drying car, playing golf, mowing grass, snorkeling, playing the drums, ping pong, painting walls or drama sets, flying a kite, actively playing with children (pushing swings, etc.), vacuuming rugs, horseback riding, regular-pace walking (even shopping malls count if you keep moving), marching in school band, cleaning out a closet <i>(Maximum of four points for any one activity per day)</i>	
1	Using stairs instead of elevator—at least four floors, carrying a backpack for a schoolday (weight lifting), riding a bike, walking or rollerskating (instead of driving) on errands or to school, walking the dog for 15 minutes, parking at farthest side of parking lot instead of by the door of your destination, shoveling snow from the walks or steps	
	<b>OTHERS</b> Fill in your favorite ways to boost activity level.     	
	<b>WEEKLY TOTAL</b>	



# WORKSHEET E

## MY FOOD DIARY

Keep this form with you.  
Enter **every** food and beverage you eat or drink.  
Look carefully at how much and write down  
the amount you ate.

**DAILY FOOD GUIDE FOR TEENS:**

- 6-11 servings of bread/cereal/grain/pasta
- 3-5 servings of vegetables
- 2-4 servings of fruit
- 2-3 servings of meat/poultry/fish/eggs/nuts/beans
- 3 servings of milk/cheese/yogurt

DAY OF WEEK

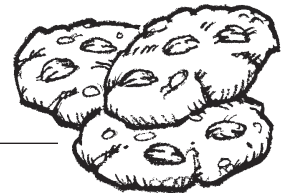
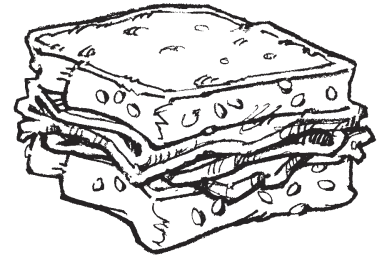
DATE \_\_\_\_\_

[illegible]

#### GRAB-AND-GO BREAKFASTS



- Toasted ham and cheese sandwich
- Ready-to-eat cereal with bananas (fortified is best; watch those sugar coated ones!)
- Fruited lowfat yogurt
- Rice or tapioca pudding
- Leftover pizza with juice
- Hot soup and crackers
- English muffin with Canadian bacon and scrambled egg
- Giant oatmeal raisin cookie with milk
- Peanut butter and jelly on whole wheat toast



#### POWER SNACKS



- Fresh fruit
- Roast beef sandwich with mustard instead of mayonnaise
- Pretzels or airpopped popcorn
- Cut-up veggies with yogurt dip
- Rotisserie chicken
- Broiled cheeseburger (small)
- Graham crackers and reduced-fat chocolate milk
- Baked potato with cottage cheese or yogurt and chives or salsa topping
- Ready-to-eat cereal and reduced-fat or skim milk
- Fajitas or tacos with light sour cream
- Frozen juice popsicle
- String cheese with a mini-muffin



#### TIPS FOR SMART EATING

Strengths and weaknesses of diets can be evaluated by comparing food choices to the food guide on the top of **WORKSHEET E**.

- Eat only at a dining table (not in the car or in front of the television, for instance).
- Find ways to reduce stress that don't involve food. (Exercise is the best way.)
- Keep a Food Diary (**WORKSHEET E**) and evaluate your choices against the Daily Food Guide at the top of the page. Note which food groups you should eat more of—do it tomorrow!
- Don't skip meals—if you do, you're more likely to fill the void with snacks that provide calories, but few nutrients.
- Reward yourself—but not with food.

## REFERENCE SHEET G

### FAST FOOD CHOICES

#### SMART FAST FOOD CHOICES

- ENTREES**
- Regular size or lean hamburger or cheeseburger with mustard, lettuce, tomato (and no special creamy sauce)
  - Roast beef sandwich (regular size)
  - Thin-crust pizza with cheese and vegetables, 2 slices or a personal-pan pizza
  - Beef or chicken fajitas on soft taco
  - Beef and bean taco with lettuce and tomato (skip the sour cream and taco salads)
  - Broiled or grilled chicken sandwich
  - Baked potato with vegetable toppings or lowfat yogurt (instead of butter and sour cream)
  - Chili with crackers
  - Soup and salad bar with low-calorie dressing

- BEVERAGES**
- Lowfat milk
  - Orange juice
  - Lowfat shake
- OTHER**
- Small order of fries (instead of large order)
  - Low-fat Apple Bran muffin
  - Extra lettuce, tomato or other vegetables on sandwiches
  - Small frozen yogurt or lowfat soft-serve ice cream

#### NUTRITIONAL COMPARISON OF FAST FOOD SANDWICHES

		CALORIES	GRAMS FAT	MILLIGRAMS CHOLESTEROL	MILLIGRAMS SODIUM
<b>MCDONALDS</b>	Hamburger	270	10	30	530
	Quarter Pounder® with Cheese	530	30	95	1200
	Big Mac®	530	28	80	880
	Fish Filet Deluxe™	510	20	50	1120
	Grilled Chicken Deluxe™	330	6	50	970
<b>BURGER KING</b>	Whopper with Cheese	730	46	115	1350
	BK Big Fish™	720	43	80	1180
	BK Chicken Broiler	530	26	105	1060
	Chicken Sandwich	710	43	60	1400
	BK King™ Sandwich	660	43	135	920
<b>JACK-IN-THE-BOX</b>	Regular Hamburger	280	12	45	560
	Jumbo Jack™ with Cheese	650	43	105	1090
	Sourdough Jack™	670	43	110	1180
	Chicken Sandwich	450	26	45	1030
	Chicken Fajita Pita	280	9	75	840
<b>WENDY'S</b>	Plain single Hamburger	360	16	65	580
	Big Bacon Classic	580	30	100	1460
	Grilled Chicken Sandwich	310	8	65	790
	Chicken Club Sandwich	470	20	70	970
	Classic Greek Fresh Stuffed Pita™	440	20	35	1050

1997 Data supplied by companies

## REFERENCE SHEET H

### ANOREXIA NERVOSA AND BULIMIA NERVOSA

If you or a friend have several of the symptoms listed below, talk to someone who can help. A person with an eating disorder cannot help herself or himself. Eating disorders are dangerous and can be fatal.

#### ANOREXIA NERVOSA

Obsession for thinness with self-imposed starvation

##### WARNING SIGNS

- Fear of weight gain
- Excessive weight loss
- Denial of hunger and refusal to eat
- Excuses to avoid meals
- Talk about food all the time
- View of self as fat even when very thin
- Excessive or compulsive exercising
- Depression, isolation
- Menstrual periods stop or don't start

#### BULIMIA NERVOSA

Repeated episodes of binge eating with feelings of lack of control that may be followed by purging (using vomiting, laxatives, or diuretics to avoid weight gain). While those with anorexia are always thin, individuals with bulimia nervosa may be normal or overweight.

##### WARNING SIGNS

- Preoccupation with food and calories
- Secret eating, hoarding food
- Feeling of being out of control
- Bathroom trips immediately after eating
- Eating of enormous meals without weight gain
- Binge eating, then purging by vomiting, laxatives, diuretics, fasting or diet pills
- Dental problems from acid on the teeth

Many people with eating disorders exercise excessively to burn off calories. Excessive exercise combined with inadequate food intake places great strain on the heart and increases the risk of medical problems. If you suspect a problem, don't wait. Early treatment can prevent serious problems.



Teenagers come in many shapes and sizes. Their rapid growth and sexual development take place at different ages and proceed at different rates. It's very hard for parents to look on as their son or daughter struggles with pressures to be attractive. It's almost impossible not to criticize the way they dress, wear their hair and eat.

Pressuring teens to lose weight can be counterproductive and can lower their self-esteem, which can be very fragile at this time in their lives. Let your child know you love him or her no matter how he or she looks! Besides, dieting can be harmful during an adolescent's rapid growth.

Do encourage an active lifestyle. Activity helps control weight, but more importantly, it helps teens feel good about themselves. While some sedentary activities (like doing homework) can be positive, the typical teen watches television more than 20 hours per week; others spend lots of time at the computer or listening to music. Ideally, teens should engage in vigorous activity for 30 minutes, 3 to 4 times a week, but even some activity is better than none.

Taking responsibility for food choices is one of the many ways teens assert their independence. Some of the best ways you can help your teen are by providing a variety of healthful foods at home; being a role model for healthy eating, exercise and lifestyle habits; and showing your teenager love and support.

Here are some specific guidelines for the care and feeding of teens:

- Let your teenager be responsible for what and how much he or she eats.
- Foster self-esteem and self-confidence by recognizing accomplishments not related to weight or body size.
- Offer to prepare breakfast or have fast, nutritious breakfast foods available.
- Be sure that foods you prepare are not high in fat, sugar and salt.
- Encourage family meals but avoid stressful conversations at the table.
- Have a variety of healthful snacks on hand (fortified cereal, fresh fruit, cut-up vegetables and reduced-fat dips, cheese, pretzels, fruit juice, airpopped popcorn, reduced-fat or skim milk and yogurt).
- Support (but don't pressure) participation in sports, exercise or other physical activities. Provide transportation and help with expenses.
- Take walks or bike rides together.
- Plan active family outings such as ski trips, hiking or swimming or shoot baskets together at a neighborhood gym or park.
- Discourage diets, especially for teens.
- Learn the signs of eating disorders.
- Set a good example; make eating well and exercising a part of your lifestyle.
- Strive to be non-judgmental when talking about body shapes (your own and others).
- Be patient and positive and keep the lines of communication open.

